

# BREAD—THE VITAL FOOD

*Illustrated with*

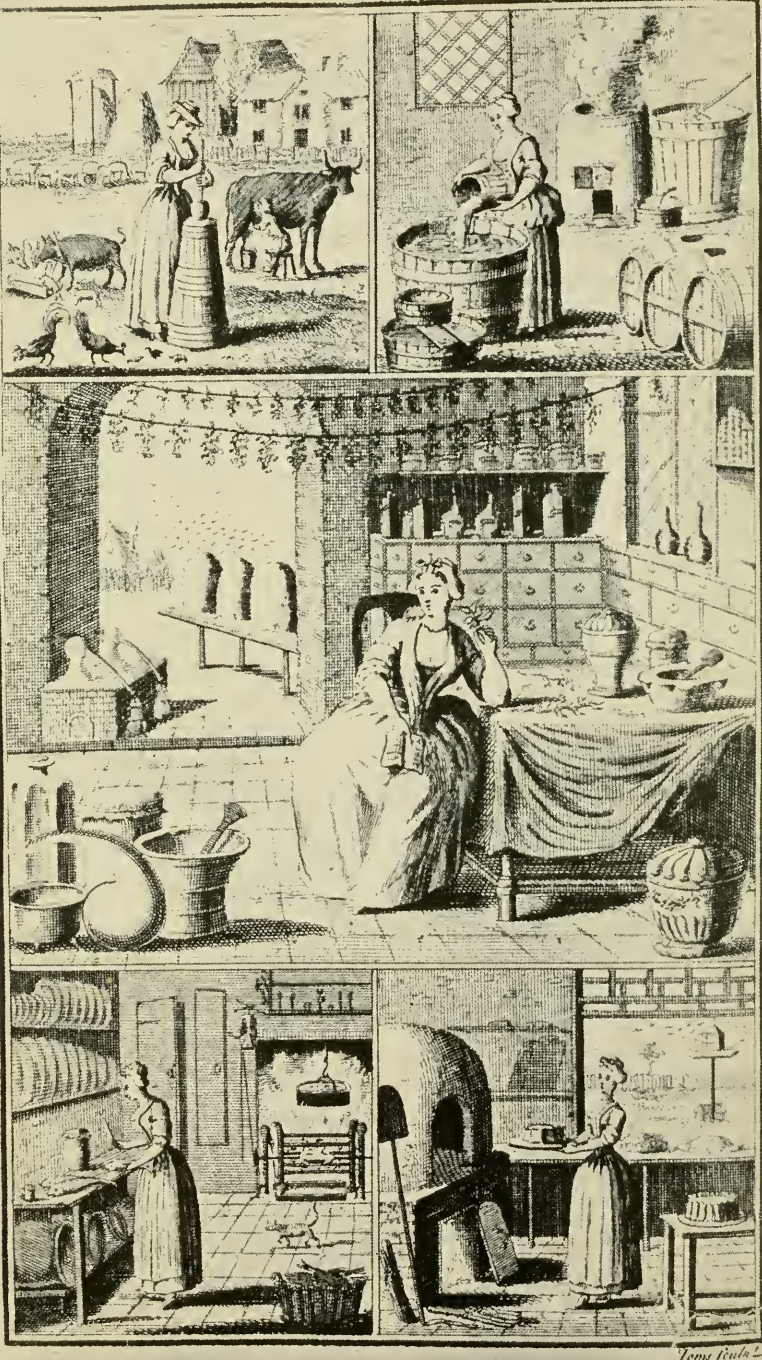
Plates on Copper from Authentic Sources  
including a Glossary of Bread Terms, also  
a selected list of General and Historical  
References to Bread.



SIGN OF THE  
**BAKER.**  
(Pompeii, A.D. 70.)

*Price 10 Cents*

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# BREAD - - THE VITAL FOOD

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By CLAUDIA QUIGLEY MURPHY

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## PART I

### THE VITAL FOOD.

"Give us this day our daily bread," the most direct and heartfelt prayer in all ages, has become the most vital appeal in all tongues and by all peoples. The recent war with its chaos in trade and transportation has made the subject of bread of worldwide significance. We are dependent for happiness and even peace on the bread supply of the world. It is the staff of life, indeed, and today nations are made or wrecked, because of their wheat supply, not by "self-determination."

### FOOD HABITS.

Studies of the food habits of warring peoples, show the importance of the bread supply in the feeding of a nation. They have shown that 60% of the total heat units, of the diet of the French, comes from the breads, and in Italy during the war 90% came from the bread stuffs. England increased her use of bread until it counted for half her food units. The danger of bread riots compelled all these nations to subsidize the "Wheaten loaf," charging the loss to the cost of the war.

We in the United States, have never used bread as the basis of our diet. At most it has furnished only about 35% of the heat units required by man in his daily food. "There is no reason whatever why the bread consumption in this country should not rise to 50%. The small quantity of bread consumed here is due to the fact that very large wages are paid and that the people purchase the most expensive foods," says Dr. Graham Lusk, of Cornell Medical College, in a recent letter.

That bread is recognized as the master builder of physical, intellectual strength is indicated in the many bulletins and pamphlets which have been written regarding the composition and proper combination of foods. In these we have learned to talk about "dietetic value," "calories," "heat units," "well-balanced meals" and similar expressions unknown to the people of day before yesterday. Today, however, the *price* of food is uppermost in the minds of everyone, not the cost of raw materials, but the *cost of nutrition*, is the important thing! How much body building material and energy-giving fuel can we buy for the least money is the question.



This is answered by Dr. Harvey W. Wiley's statement that "there is more energy in a pound of bread than in a pound of meat. Measured by actual nutritive power, there is no other complete ration which, in economy, can compare with bread."

Sherman, of Columbia University, states that nine-tenths of the muscle building food in man's diet may well come from either wheat or oats. Two-thirds of the total heat units may come from bread. The addition of milk forms a balanced diet. There is no animal food, and, but few cooked vegetable foods of which this can be said. It possesses also the quality of permanent palatability, because it can be made into a light loaf, because of the elastic nature of its combined proteins.

### PROTEIN SUPPLY.

Dr. Alonzo E. Taylor, who made an important contribution during the war, as a member of the United States Food Administration and the War Trade Board, says: "There is no mystical property in wheat as a food. . . It must be clearly realized that the quality in wheat, that we prize most, lies in the peculiarities of its protein, the gluten that makes the bread the most convenient form in which our use of cereals can be maintained."

Dr. C. F. Langworthy, of the office of Home Economics, Department of Agriculture, maintains that cereal grains constitute one of the most important food groups, and although we do not think of them in any way as akin to meat or usable in place of it, it is nevertheless true, that we depend upon them to supply a great deal of the protein of our diet.

"In a large number of American families, meat, fish, dairy products, eggs and legumes furnish approximately 50 per cent of the total protein, and cereal foods furnish about 43 per cent, besides contributing in a very important way to the mineral and starch requirements of the body."

### BREAD ECONOMICS

"Bread is our most efficient food. For this is true—life is continued in steps and the body is built in sequence so we have first the soil, then the plant; from which we get food, through which the animal and, finally, the human is nourished and life sustained." (*Ward's Bread Book*.)

Study wheat and the resultant nutrition from it. The human system converts 90% into nutrition value. But if the bushel of wheat is used in the production of animal food we read that the cow converts 80% of its grain into milk food; the pig 15% into pork food; chickens return 5.1% of their grain in the production of eggs with 4.2% in the production of flesh; while the steer only turns less than 3% into beef.

Study wheat and the resulting nutrition from it. The human system converts 90% into nutrition value. But if the bushel of wheat is used in the production of animal food we read that the cow converts 80% of its grain into milk food; the pig 15% into pork food; chickens return 5.1% of their grain in the production of eggs with 4.2% in the production of flesh; while the steer only turns less than 3% into beef.

So to quote Dr. Alonzo Taylor, of the University of Pennsylvania, "Bread is our cheapest food, for it gives us one-third more caloric value at one-tenth the cost."

From a dietetic point of view the use of more bread in the diet is of value—it gives most calories at least cost.

From an economic point of view it is imperative, for we can cut grocery bills by using an abundance of bread. There is no other way through which such instant result can be had.

More, there is the agricultural side to be included in our study of bread, for the prosperity of our farms is largely based on the active consumption of the breadstuffs produced. Through using bread more freely, we utilize our supply of wheat and other grains; we create a more active home market, which instantly gives our great agricultural interests ready funds for next year's crops.

There is no question confronting us in our national life more imperative than the creation of a demand for more bread in our diet—for the utilization of our breadstuffs is our bulwark against economic, industrial, agricultural and social if not national disaster.

### RELATIVE AND ECONOMIC VALUE.

The following comparison indicates the relative economic value of other foods with bread. Using the prevailing price in your own locality, you may complete the following table, which will tell the story more accurately than selected price data which are subject to change.

Kind of Food	Protein Calories	Total Calories	Cost
			Use Local Prices
1 pound bread (white) (miscellaneous).....	168.72	1174	?
1 pound beef (round) A.P.....	353.80	652	?
1 pound beef (round) E.P.....	386.48	709	?
1 pound milk (1 pint) (whole).....	59.84	314	?
1 pound lamb chops (loin) A.P.....	290.32	1274	?
1 pound lamb chops (loin) E.P.....	339.28	1495	?
1 pound oysters (solids) A.P.....	108.88	222	?
1 pound oysters (in shell) E.P.....	112.56	229	?
1 pound chicken (broilers) A.P.....	232.24	289	?
1 pound chicken (broilers) E.P.....	390.40	492	?

A.P.—As Purchased. E.P.—Edible Portion.

Adapted from Laboratory Dietetics by Dr. Mary S. Rose.

Bread furnishes a high percentage of calories from protein, as well as total calories for the amount of money expended. The use of more bread in the diet, will lower meat and grocery bills, it will also lower the price of other commodities through a lessened demand. Bread and milk is justified not only by experience, but by long experimental study in which these foods alone furnished an adequate diet. No mother needs to worry about the children who eat plenty of bread and butter, or bread and milk.

#### CONCERNING OBESITY.

"I can't eat bread, it's too fattening," says one who by overeating and underexercising is adding to her weight, but Dr. Graham Lusk says: "There is no food which can really be considered fattening. The question of obesity is simply a question of overeating. Potatoes have been defined as being fattening as well as bread. If carbohydrate food is taken in quantity, sufficient to maintain life, a person needs very little meat."

#### DIET FOR HEALTH.

Prof. E. V. McCollum, Professor of Chemical Hygiene, Johns Hopkins University, in his recent book "The American Home Diet," makes this statement: "Accidents, damaged products and ruined machinery, as well as physical discomfort and mental sufferings, are the price which society is paying for living in such a way as to foster the early degeneration of the body tissues and consequently early loss of youth. They are the causes of inaccuracy, lack of efficiency, and lack of success. The records show that the mortality from old age diseases, has increased nearly 100% in thirty years. There can no longer be any doubt that faulty nutrition is one of the most important factors contributing to this condition."

"Early ageing is manifested not only in the ways just mentioned, but is reflected in the character of much of the advertising matter in our newspapers and periodicals.

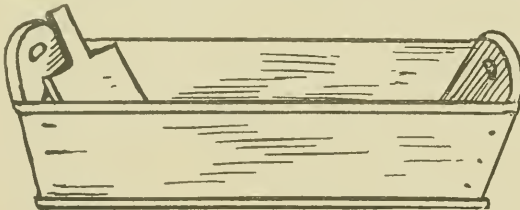
"It is time to present to our children, in practical form, the best advice possible in the light of modern nutrition, studies, concerning how to live so as to promote health and vigor, and to preserve as long as possible the characteristics of youth. One of the most important means of preventing the deterioration of the body is through proper nutrition."

Bread is not only the MASTER BUILDER of energetic bodies, but is the most efficient ECONOMIST of money, time, labor. Contrasting its preparation with that of other food, from the standpoint of time, strength and satisfaction, we find that it is the strongest labor-saving ally of the housekeeper. Today the bread mixer plays as important a part in the kitchen equipment as the typewriter does in the office equipment. The modern housewife making her bread by the quick method, puts the ingredients in the bread mixer, turns the crank until a smooth batter is formed, then adds flour, gradually, until a soft dough is formed; she then sets it aside to rise until the bulk is doubled, then kneads it, shapes it into loaves, lets it rise again, and bakes it in a hot oven. In a few hours the deed is done.

#### HOME MADE BREAD—OLD AND MODERN.

She need not revert to the old eighteenth century method of making uncertain yeast, laboriously mixing and kneading dough in a huge tray, and then engaging the time and work of the entire family in preparing the brick oven for baking; for the use of scientifically prepared, reliable yeast, the bread mixer, the thermometer, ovens heated by gas, electricity or oil, reduce the labor of bread making to child's play, in contrast to old rule of thumb methods and antiquated appliances.

The method of preparation of bread is simple and the time consumed in baking very short in comparison with the preparation of many other foods. With the usual measure of yeast, the dough will become light in about three hours; with twice the yeast the dough will rise sufficiently



OLD DOUGH BOX AND PADDLE  
(Early 18th century)

in one hour. We need not fear that the excess of yeast will be harmful. Today yeast is taken in milk, or alone, as one of the most helpful sources of the vitamin, which is essential in keeping the nerves in good condition.

Using yeast freely to save time, in two to three hours we may prepare sufficient bread to last several days. Nutritious, appetizing, crusty, good-looking loaves fill the bread box. The housekeeper smiles with pride and satisfaction as she thinks, "Well, that's food fit for a king and it cannot all be eaten up in one meal!"

Even the hot rolls, than which nothing is more delicious and appreciated for breakfast, luncheon, dinner or supper, may be prepared days before and kept in the dough for immediate use. The recipe for Denver or Everlasting Biscuit, will enable the busy housekeeper to introduce them as a delightful surprise with but little effort at any desired time, or bread dough may be enriched with sugar and any sweet fat, more flour added and used as basis for all manner of fancy rolls.

#### DENVER BISCUITS.

- 1 qt. milk—scalded and cooled.
- 1 cup potatoes—mashed.
- 1 cup sugar.
- 1 cup lard.
- 1 cake compressed yeast, in  $\frac{1}{2}$  cup warm water.
- 2 teaspoons baking powder.
- 1 teaspoon soda.
- 1 teaspoon salt.

Into the quart of milk—scalded and cooled, add the cup of potatoes, boiled and mashed, the sugar, the melted lard, and a cake of compressed yeast that has been dissolved in  $\frac{1}{2}$  cup of warm water.

Add the baking powder, soda and salt to the flour, thoroughly inter-mixing it.

Use flour enough for soft batter; let the batter or sponge rise until it bubbles; then add sufficient flour for a stiff dough and put it in the ice-box or refrigerator for use.

When wanted to bake, pinch off sufficient dough to make into the desired amount of biscuits; let rise one hour, then bake.



### BREAD THRIFT.

To have food ready for instant use is proof of good providing; with good bread in the bread box and an emergency shelf in the pantry, the housekeeper is fortified against all surprises of the unexpected guest.

Properly made bread has excellent keeping qualities if placed in a clean bread box. The importance of washing, scalding and drying the bread box, at least twice a week, is sometimes overlooked. While leaving the bread in its wrapper helps to keep it moist, if it is left very long the bread tends to become musty. Watch the bread box as carefully as you do the refrigerator; both may be sources of uneconomie expenditure through useless spoilage of food.

The supply of home-made bread which is made so easily by modern methods, pays maximum profits for minimum investment—greatest of all is the ease of mind which it gives to the planner of meals and conservor of health.

If bread is not perfectly fresh, it may be freshened by dipping, for a second, in cold water or milk and rebaking in a rather cool oven; therefore the large baking is an economy of labor.

Steamed bread is palatable and affords variety; the section of a loaf or single slices, or rolls placed over rapidly boiling water and closely covered soon soften, ready for use.

Delicious bread crisps are made of stale bread, by breaking into small rough pieces; dipping each in milk quickly, placing on buttered tin, putting in a cool oven and leaving until the crisps are quite dry. These are good in soup or hot milk.

Croutons made from stale bread are acceptable substitutes for crackers to serve with soup.

Cinnamon toast is always welcomed with tea, coffee or cocoa, hot or iced.

What is better on a hot day than ice cold milk and good bread, or on a cold day than hot milk with good bread!

A recent survey covering 9,614 farm homes, in the thirty-three northern and western states, made by the United States Department of Agriculture, State Relation Service, Office of Extension Work North and West, shows that 94 per cent of the women make all or part of the family

bread. In the cities, about 60 per cent of the bread used is made in the home. The remaining 40 per cent is largely produced and city consumed.

### THE MODERN BAKE SHOP

The commercial bakery is distributing daily, millions of loaves of machine-made bread throughout the towns of the United States. This probably constitutes the best and most efficient bread supply the world has ever known.

A trip through a modern bakery would probably be a revealer of secrets, an "eye-opener," to the majority of housewives and would be time profitably and pleasurably spent.

In the baker's laboratories, the materials used are submitted to a critical, scientific test; the formulas or recipes utilized are the result of careful trial and analysis; the ingredients are accurately weighed, not measured; the machinery is modernized as often as necessary, to produce perfect results; the dough is kept at exactly the right temperature from beginning to end; and the heat of the oven through which the loaves travel, is regulated at the top and bottom of the loaf, to produce the well baked crumb and attractive golden crust. As the loaves emerge from the oven and tumble into cooling racks they are as perfect as the baker knows how to make them. Nothing is left to chance. There is no dust, there are no odors, there are no flies, the bread is not touched by human hands from the time it begins its journey as flour, yeast, fat, sugar and liquid until it appears on the sorting table to be machine wrapped in paper, in preparation for the market. Do like conditions prevail in the home kitchen?

The business of the commercial yeast manufacturer and baker, is to produce the best possible loaf, under the most ideal conditions, it is possible for him to create. Baker's bread is wholesome, sanitary, scientifically made bread. Applied chemistry has made great contribution to our daily bread. One of our greatest chemists gave years of research time, to the study of bread. Today his discoveries are used by the bakers to improve their product.

What standard does the housewife apply to her bread? Is it the standard of habit or custom, or is it based on actual comparison and knowledge?

Since the war, the demand in the United States for bread made from fine white flour has increased. The addition of whole wheat or oatmeal to the bread may be advisable, especially for children whose diet consists chiefly of bread and milk.

It is well for inexperienced housekeepers to ask for expert advice regarding their bread, in order that they may be able to set up an intelligent standard. Opportunities for judging or scoring breads are often given at fairs, and the home demonstration agents sent out by the State College of Agriculture, are always ready and willing to give such assistance.

### BREAD SCORING.

It is highly desirable and advantageous that the bread-maker learn to score her own bread, in order that she may be a competent judge of good and bad methods.

William Jago, in his valuable book "The Technology of Bread Making," has a chapter entitled "Bread Analysis," which will be helpful to the scientific student. Many State Experiment Stations have published excellent bulletins on flour and bread standards.

Score cards for judging bread differ somewhat, but the one used by the Bureau of Chemistry, United States Department of Agriculture, for the ordinary yeast raised, white bread, is a good guide.

General appearance	{	Shape .....	5
		Smoothness of crust.....	5
		Depth and evenness of color.....	5
2. Lightness .....			10
3. Crust {	{	Quality (crispness and elasticity).....	5
		Thickness .....	5
		Color .....	10
4. Crumb, Texture (size and uniformity of cells, thinness of cell walls)...			15
		Elasticity, softness and springiness.....	15
5. Flavor, Taste and odor.....			25
Total .....			100

What is the fate of bread on our table? Is it all used, every crumb, or is part of it relegated to the garbage pail? Is bread, just bread, used as an accessory, or is it made *the* important article of diet?

**BODY BUILDING AN ESSENTIAL.**

The woman who feeds her family intelligently, is a builder using foresight not only for today, but for the week, the year, the generation. As home manager, she spends nine-tenths of the income. The wise woman spends a liberal amount of it for the tested and tried body building material—bread. She secures variety in the bill of fare through use of many types of bread stuffs.

Very often one hears the housekeeper exclaim, "I wish I knew something new. I get so tired of having the same old things." Many good, appetizing dishes may be prepared of bread, which will add variety and pleasure to the meal.

A week's, "EAT MORE BREAD," dinner menus are suggested, which may be used in whole or part.

Resolve to eat more bread, resolve to give more of this health-building, muscle-making food to your children.

Make BREAD the MASTER BUILDER in the HOME.



## DAILY BREAD MENUS.

## I.

## BREAD SOUP.

Baked Fish with Bread Stuffing	Hollandaise Sauce
Tomato Salad	Cheese Balls
Bread and Butter	
Coffee	
Bon Bons	

## II.

Vegetable Soup	Bread Sticks
Creamed Eggs and Peas in Bread Cases	
Any Green Salad	French Dressing
Peach Pudding—Layers of toasted bread and peaches	

## III.

Tomato Soup	Croutons
Loin of Veal	Bread Stuffing
Gravy	Rolls
Cauliflower au gratin	
Caramel Bread Pudding with Caramel Sauce	
Coffee	

## IV.

Clear Soup	Bread Sticks
Tuna Fish in Bread cases	Pimento Sauce
Kidney Bean Salad	Bread and Butter
Crackers and Cheese	Coffee
Fruit	

## V.

Fruit Cocktail	Bread Fingers
Savory Stew	Bread Dumplings
Head Lettuce Salad	Russian Dressing
Preserves	Cheese Bread
Coffee	

## VI.

Broiled Chicken	Bread Sauce
Potato Croquettes	Peas
Romaine Salad	
Cheese	Bread
Coffee	

## VII.

Cream of Celery Soup	Croutons
Beef Loaf	Tomato or Mushroom Sauce
Mashed Potato	Celery
Fruit Salad	Bread and Butter Sandwiches
Coffee	

## PART II

## HISTORICAL FACTS CONCERNING BREAD

Bread stands as a definite token or expression of the civilization of a country.

Looking backward many interesting pictures present themselves. White bread or Manchet was first used in church service and represented "The Body of Christ." Then the clergy allowed some of the unconsecrated church bread to be sold to the nobility; then as wealth developed, the middle classes were able to purchase it. Then later, the baking of white bread was removed from the convents, where the nuns baked it, or from the monasteries, when it was sometimes baked by the friars, to the homes of the rich when bake ovens were installed.

Chete bread is constantly referred to in all old books dealing with the foods of the people of the centuries up to the eighteenth. It was used by the middle classes just as the brown or black bread was used by the peasantry.

In the pages of *Country Contentments* by G. M. (or Gervaise Markham) is found an interesting resume of bread making and barm preparing of that period. The copy from which these plates were made was published in London in 1623, and is a rare example of early household literature. The pages are reproduced photographically on copper for class use. The housewife of that day was a busy and a most efficient person. She ordered her household constructively and diligently.

Not only did the type of bread used indicate the social standing of the family, but in the homes of the nobility we read that the condition of the bread also had the same bearing, for the royal family had the fresh baked bread—the nobility used it when it was one day old; the gentry when it was two days; the scholars or friars when three days old; and the peasantry the four day old bread. For remember, bread was baked in early days in the ovens of the Manor, the homes of the peasants not including such appliances.

The word *Lady* means loaf giver—for one of the definite duties of the lady was to distribute the loaves as above described to the classes indicated.

Then followed strict rules and regulations for bread, its production and use. The care in making, the skill in baking—each had its set form of regulation.



OLD YEAST POT

Barm was the old name for what we now call yeast. It was kept as wholesome as possible, but was usually over-fermented. There was no understanding of yeast growth, for there was no knowledge of bacteriological conditions. But certain facts insisted upon recognition—so that the unskilled became more proficient through many failures to have sweet nutty bread. Out of this has developed the carefully conducted and skillfully handled yeast industry of today, which replaces the happy-go-lucky, hit or miss methods of yesterday, which gave us barm, then slop yeast, then brewers' yeast, followed by home or factory made dry yeast, and now the highly concentrated, most efficient, active compressed

yeast of today, rich in vitamins and potential energy.

There was a wide variation of breads, between the highest type and "all-sorts" or similar appellation, known as "black-bread." This was made of various kinds of other grain added to wheat, and was consumed by the poorest classes. It was analagous to the present black bread of Europe.

The bakeries were very closely inspected and rigid regulations were enforced. This caused bread making to become a fine art and made standardization possible. Even today the poorest families throughout Europe buy their bread, as they realize that they cannot produce as good a product in their own homes.

The little French girl who through shot and shell stayed and baked the village bread, was equally hero and winner of the *croix de guerre* with the soldier who went "over the top" to victory. Without their daily bread the village people would have starved. American soldiers pay high tribute to French village bread. (Continued to Page 18.)



MODERN FORM OF YEAST

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## ORDINANCES MADE AT ELTHAM

A DECLARATION OF THE PARTICULAR ORDINANCES OF TAXES FOR THE DINNER  
TO BE SERVED TO THE KING'S HIGHNESS, THE QUEEN'S GRACE, AND THE M  
WITH THE HOUSEHOLD, AS HEREFTER FOLLOWETH.

THE DIET FOR THE KING'S MAJESTY AND THE QUEEN'S GRACE, OF LIKE DINNER, IN  
ALL TWO MEALS, AS FOLLOWETH.

## ON A FLESH DAY.

Dinner.	£. s.	Supper.	£. s.
Cheate Bread and Manchett, 16	8	Cheate Bread and Manchett, 1	4
Beere and Ale,	0	Beere and Ale,	0
Wine,	2	Wine,	2
Flesh for Portage,	2	Flesh for Portage,	2
Chines of Beef,	1	Chickens or Hens, Larks,	1
Rammusens in Sennar cap,	1	or Lambes,	1
Vener in brew, for mull,	1	or with Chives of Must,	1
Pellens of Reed Diete,	1	two,	1
Mutton,	2	Gargons of Manner Tene,	1
Carpe, or Yong Veale in	1	two, topped with Cloves,	1
Am, 10	10	Carpes of g,	2
Swanne, or Cocke, Storke or	1	Carpes of g,	1
Carpes of g,	1	Phasant, Herne, Suove,	1
Carpes of g,	1	two,	1
Fringers, baked Carpe,	1	Cocks, Plovers or Gules,	1
Coffin garnish,	1	two, or Orange,	1
or Fennell,	1	Queens of P, 1	2

## Second Course.

	£. s.		£. s.
Jelly, Ipocras, Creme of	1	Black-mange or other dish,	1
Almonds,	3	Kydd, Lamb or Pejons,	1
Phasant, Herne, Bismarke,	1	Partridge or Quails,	1
Shorthead,	3	Godwin Brewe,	1
Partridge, Quails or	1	or Teales, Pullens, Chic'p,	1
Mews,	3	Rabbits or Larks,	1
Cocks, Plovers or Gules,	1	Tarte,	1
Kydd, Lamb or Pigeons,	1	Fruite,	1
Larks or Rabbits,	1	Butter and Eggs,	3
Sauces, Pullens or Chickens,	1	Vener or other Baked,	1
Vener in fine pail,	1	Nicaz,	1
Tarte,	1		

Finner,

A collection of Ordinances for the Royal Household of England from King Edward III to William and Mary: published in London. 1790. Two pages are here shown indicating the exactness with which each person



IN THE XVIII<sup>th</sup> YEAR OF KING HENRY VIII.

	messes.	d.
Fryer,	1	5
Fruit with powder or piskards, 1		8
Butter and Egges,	3	4
Sum by the Day 3l. 5s. 0d.		

## ON A FISH DAY.

## DRUNKEN.

		s.	d.
Cheat Bread and Manchett,	16		6
Ale and Beere,	0	gal	9
Wine,	1	bot	2
Herring,	1	mess	3
Portage,	1		3
Organe Lyng,	1		8
Powdered Eales or Lamprons,	1		12
Pyke,	2		14
Carver Salmon,	1	2	6
Whyune,			16
Haddocks, Mollots, or Bale,	1		16
Playce or Gurnard,	1	2	
Sea Bream or Soalles,	1		16
Congers, Door,	1		16
Porpoise, Seale,	1	3	4
Carpe, Troute,	1	2	
Crabbs, Lobsters,	1		12
Gullard,	1		14
Ratalls or Flage,	1		8
Tarte clotid,	1		12
Fryer,			8
Fruite,	1		8

## Second Course.

		s.	d.
Second Pottage,	1		4
Surgeon and salt,	1	3	4
Byrt or other salt,	1	2	
Bream or other salt,	1	2	6
Tench,	1	2	
Perch, or other salt,	1	20	
Eles with Lamprys salt,	1	2	6
Chives of Salmon broyled,	1		12
Greves,			20

Shrympes

in the household was fed in the days of Henry VIII. Note the Chete and Manchett specified, the portion of meat, and also the absence of vegetables even on fish or fast days.

The development of bread making illustrates industrial, social and economic progress in a very striking way.

Bread Street in London, where Milton was born, was so named from a market in which bread formerly was sold. In 1302 the bakers of London were forbidden to sell bread elsewhere. The Baker's Guild of London was established in 1307, denoting that in the fourteenth century in England, bread making was a recognized craft. All through Europe for centuries, the bread supply has been furnished through bakeries. Rich and poor alike buy their bread. Formerly in England, the type of bread eaten denoted the class, as money and estates do today. The bread consumed by those of highest rank and in the most affluent circumstances, was the finest and whitest simnel-bread, "manchet" or "pain-demayn;" so called from the figure of our Saviour, or the Virgin Mary impressed upon each round flat cake.

We possess less knowledge of the bread of non-warring countries, such as Spain, but this excerpt from a recent letter shows how it is regarded there.

"In Spain a great deal of bread is eaten because it is so good. The Spaniard eats much of it with his meals, and when he comes to the United States and sees the small quantity and thin slices that are served with meals here, it is a great surprise to him. The Spaniard needs much more because it has come to be his preferred form of food."

"In Spain there are many fiestas during the year and families invite each other to meals with great frequency. The care that the receiving family has, is to prepare the table with a large amount of bread, taking care to buy it at the favored bakery. It would be considered very lacking in etiquette to serve bread made at home.

"In the homes of the rich there are always guests and much bread is served with the great variety of other things.

"The bread is so well made that many people prefer it to other food. The working men often breakfast on a large portion of bread.

"In Spain the bakeries are an essential factor of life. It can be said that they are artists in making bread."

After one has eaten bread in European countries, one understands why it constitutes so large a part of the daily food. It is always good.

With appreciation and wisdom we have adapted many of the manners and customs of Europe. We may profitably add their habit of making the wholesome loaf the *major* part of every meal. It will greatly simplify living, give time for high thinking, increase good health and multiply the bank account.



A ROYAL PARTY OF THE FIFTEENTH CENTURY

In the illustration of a dinner scene at court, a rare print from the fifteenth century, notice that the "Nappe" or cloth is duly laid and upon it are seen the saltcellar, which must first be placed upon it; then the bread and then the cups. Knives are wanting, for most people carried their own, and for those who failed, the servant is seen with one at his side. Forks had not yet been invented. The bread is in small round loaves.

## BREAD TERMS AND THEIR MEANING.

- Apple Bread (Eng.)*—A sweet, light bread made of flour, apple juice and leaven.
- Apple Cake*—Biscuit dough, enriched with egg, covered with sliced apple, sugar, and cinnamon, raised and baked. Serve with coffee at breakfast or lunch.
- Banbury Cakes*—Rich dough, with filling of currants, chopped candied peel, sugar. Serve with luncheon or tea.
- Black Bread (Eng.)*—Bread made from wheat and other flours, usually barley.
- Bran Bread or Muffins*—Bread to which bran is added. Used to increase mineral matter and bulk in the diet.
- Bread Sticks (Ital.)*—Bread dough shaped, in thin sticks eight inches long. Baked. Serve with soup or salads.
- Brioche (Fr.)*—Sweetened biscuit dough enriched with eggs and formed into shapes, often twisted and coiled. Brush with sugar solution after baking.
- Brown Bread*—Bread in which barley, rye or wheat-flour and peas were used with malt, in making the dough.
- Caraway Bread (Ger.)*—Rye bread containing caraway seed.
- Cheat (Old Eng.)*—All wheat bread served to all but those of high estate. Similar to bread from flour ground to 85% of the wheat.
- Cheese Sticks*—Finger rolls with fresh grated cheese added, just before rolls are taken from oven. Serve with salads.
- Cinnamon Rolls*—Biscuit dough, rolled thin, spread with butter, sugar, cinnamon, washed currants; formed into cylinder, cut into inch sections, raised and baked. Serve at luncheons.
- Clover Leaf Biscuits*—Biscuit dough shaped into marble-shaped balls. Baked in threes in muffin pan.
- Cocket (Early Eng.)*—Bread of inferior quality, so called probably, as meaning seal.
- Coffee Cake*—Biscuit dough, enriched with egg, covered with chopped nuts, sugar and cinnamon, and bread crumb mixture; raised and baked. Serve with coffee at breakfast or lunch.
- Crescents*—Bread dough rolled thin, cut in four-inch squares, buttered, rolled tightly, adding butter as rolled, curved into crescent-shape, raised and baked.
- Croutons*—Tiny cubes of stale bread, either browned in fat, or in an oven. Serve with soup.
- Crumpets or Muffins (Eng.)*—Thick batter, baked in muffin rings on hot griddle, until brown crust is formed. Serve for breakfast or luncheon.
- Doughnuts*—Biscuit dough made sweeter with added sugar, raised, kneaded, rolled and cut in squares; or cut in strips, twisted, like a rope, again raised and fried in deep fat.



*Fluttes, "Pistolcts" or Dinner Rolls*—Dough made as for French bread. Shaped four and one-half inches long with round pointed ends, with three diagonal incisions on top. Serve as dinner or luncheon rolls.

*Graham*—Yeast batter made sweet with molasses and thickened with Graham flour and white flour in ratio to please the maker—1 part Graham to 2 parts white flour is excellent.

*Hot Cross Buns*—Biscuit dough containing raisins or currants. Cross may be formed by cut of sharp knife, or made with ornamental frosting. Served on Good Friday.

*Horse Bread (Early Eng.)*—Principal ingredients, beans and peas.

*"Hutzel Bread" (Ger.)*—Raised bread made with pear and prune juice for liquid, sugar, fat, fruit, eggs, raisins, nuts, lemon peel, spice and anise seed added to raised sponge. Baked in loaves. Used in place of fruit cake.

*Manchett (Old Eng.)*—Bread made with fine white flour. First used in church service, later used by nobility and gentry.

*Moravian Bread*—Light bread made with potatoes in sponges, eggs and shortening added to raised sponge, then turn into dripping pan. When light, brush with melted butter. Make parallel rows of depressions on top of bread with forefinger. Fill with butter and brown sugar.

*Poppy Seed Braids*—Bread dough braided. When nearly baked, brush with beaten egg yolk, powdered sugar and sprinkle with poppy seeds.

*Potato Bread*—Potato water and mashed potatoes used in the bread sponge.

*"Pulled Bread"*—Small finger lengths of the crumb of bread, heated until golden brown.

*Rasped Rolls*—Remove crust with grater, return to oven, and bake for five minutes.

*Rusks (Eng.)*—Bread dough baked in long, flat rolls. When cold, cut in slices and brown in oven.

*Rusks (Ger.)*—Bread dough made rich with sugar, fat and eggs. Shaped into tall biscuit and baked slowly.

*Rye Bread (Polish)*—Raised bread made of potato, yeast, seasoning, whole-ground rye flour, and white-bread flour. Caraway seed sometimes added. Baked in loaves.

*Saffron Bread (Eng.)*—Type of raised bread colored with saffron, flavored with caraway seed.

*Sally Lunn (Eng.)*—Biscuit dough, enriched with eggs, made into round cakes, baked slightly and quickly.

*Salt Rising Bread*—Sponge made with warm liquid, salt and cornmeal. Natural fermentation develops characteristic flavor, due to bacteria. "Starter" sold in open market is composed of bacteria.

*Short Bread (Scotch)*—Very rich, sweetened bread rolled oval or round, candied orange or lemon peel on top.

*Swedish Rolls*—Rich biscuit dough, one-fourth inch thick, spread with butter, cinnamon, sugar, finely chopped raisins and citron. Shape like jelly roll, cut in slices. After baking, glaze with beaten egg white. May also be shaped for Tea Bread or Tea Ring.

*Swedish Wreaths*—Any bread dough enriched with fat, shaped into rings, upper surface covered with chopped almond. Serve with afternoon tea or dinner salad.

*Tea Scones (Scotch)*—Rich biscuit dough cut in three inch squares. Press into triangles, after adding melted butter and chopped raisins. Brush tops with milk and bake in hot oven. Serve with tea.

*Tourte (Early Eng.)*—Bread made of unbolted meal. In common use among the humbler classes.

*Turnip Bread (Ancient Eng.)*—Turnip pulp, flour, yeast, caraway seed.

*Twisted Sticks*—Rich biscuit dough, rolled one-fourth inch thick, spread with butter, folded in three layers. Strips cut one inch wide and six inches long, and then twisted. When baked, spread with confectioner's frosting.

*Wastel Bread (Old Eng.)*—Light wheat bread, used by more luxurious and wealthy middle class of England.

*Yorkshire Cake*—Biscuit dough, made into cakes. When raised make hole in center before baking. When baked rub with melted butter.

*Yule Cakes*—Very rich, sweetened, raised biscuit dough, to which is added nutmeg, currants, candied lemon peel and eggs. Serve at Christmas time.

*Zwieback (Ger.)*—Rusks cut in slices and browned in slow oven.

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### SUBJECTS FOR DEMONSTRATION.

Flour Testing—A Home Art.

Many Breads From Same Dough.

Ancient and Honorable Feast—Breads.

Tea and Coffee Breads in All Lands.



# COVNTREY

## Contentments,

OR

## The English Huswife.

CONTAINING

The inward and outward Vertues which  
ought to be in a compleate Woman.

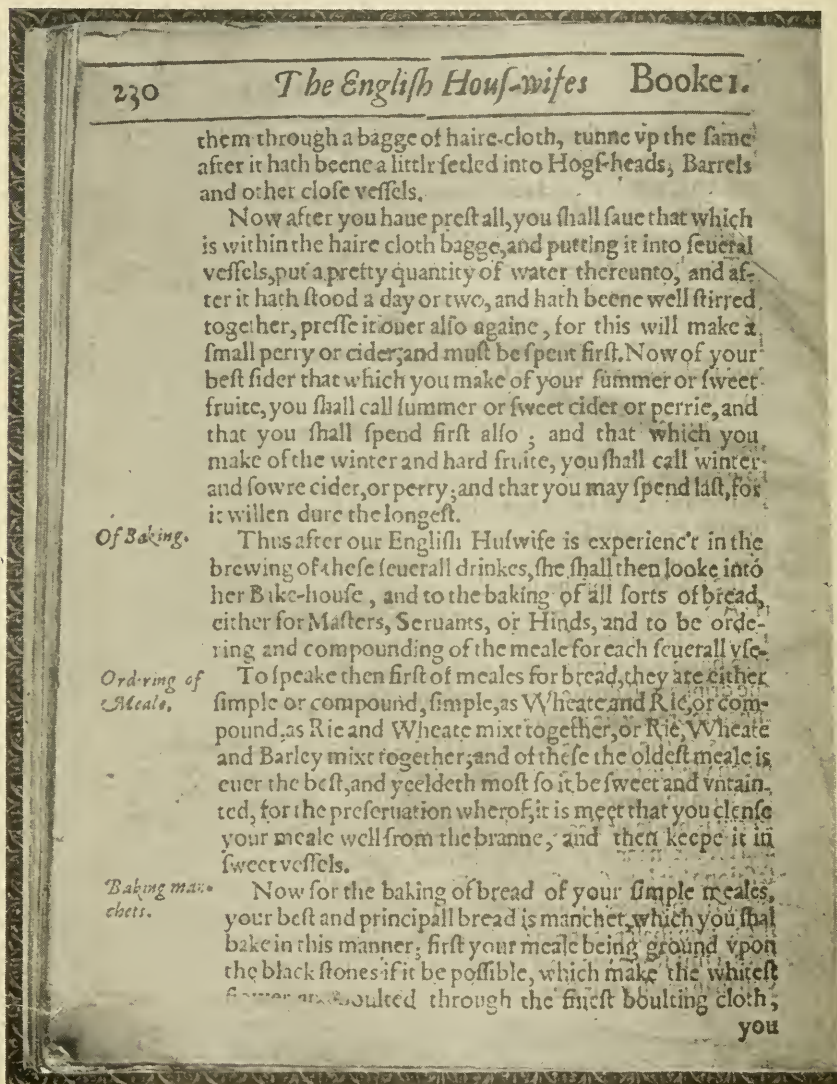
*As her skill in Physicke, Surgerie, Extraction  
of Oyles, Banqueting-stuffe, Ordering of great Feasts,  
Preserving of all sorts of Wines, Conceited Secrets,  
Distillations, Perfumes, ordering of Wooll, Hempe, Flax,  
making Cloth, Dying, the knowledge of Dayries,  
office of Malting, Oats, their excellent uses  
in a Family, Brewing, Baking, and all  
other things belonging to  
an Household.*

A Worke generally approued, and now much augmented, purged  
and made most profitable and necessarie for all men, and De-  
dicated to the Honour of the Noble House of Exceter,  
and the generall good of this Kingdome.

By G. M.

Printed at London by I. B. for R. Jackson, and are to be sold at his shop  
neere Fleet-streets Conduit. 1633.

Gervaise Markham, 1623, wrote several books, two at least on Housewifery and one on the care of horses and animals. In his books is a most disorderly but engrossing sequence of facts that were essential to the varied activities of the mistress of the household, who served as physician, spinner, brewer, weaver and gardener for her family. Brewing as well as baking required her constant attention.



Here the ordering of flour under the name of meale is discussed for the baking of all sorts of Bread for "Masters, Servants or Hinds." Simple and mixed flours seem to have been used.

# Booke 1. Skill in brewing and bakery. 231

you shall put it into a cleane Kimmel, and opening the flower hollow in the midst, put into it of the best Ale-barme the quantity of three pints to a bushell of meale, with some salt to season it with: then put in your liquor reasonable warme and kneade it very well together with both your hands and through the brake, or for want thereof, fold it in a cloth, and with your feete tread it a good space together, then letting it lie an howre or thereabouts to swell take it foorth and mold it into manchetts, round, and flat, scotch about the wast to giue it leaue to rise, and prick it with your knife in the top, and so put it into the Oven, and bake it with a gentle heate.

To bake the best cheate bread, which is also simply of wheate onely, you shall after your meale is drest and bouldred through a more course boulder then was vsed for your manchetts, and put also into a cleane tub, trough, or kimmel, take a sower leauen, that is, a peece of such like leauen saved from a former batch, and well fild with salt, and so laid vp to sower, and this sower leauen you shall breake in small peeces into warme water, and then straine it, which done make a deepe hollow hole, as was before said in the midst of your flower, and therein power your strained liquor; then with your hand mixe some part of this flower therewith, till the liquor be as thicke as pancake batter, then cover it all ouer with meale, and so let it lie all that night, the next morning stirre it, and all the rest of the meale wel together, and with a little more warme water, barme, and salt to season it with, bring it to a perfect leauen, stiffe, and firme; then knead it, breake it, and tread it, as was before said in the manchetts, and so mould it vp in reasonable bigge loanes, and then bake it with an indifferent good heat: and thus according to these two examples before shewed, you may bake any bread leuend or

*Baking  
cheate bread*

Hh 2

vnleaued



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*The English House-wifes*

Booker.

*Baking of  
brown bread.*

vnleauend whatsoeuer, whether it be simple corne, as Wheate or Rie of it selfe, or compound graine as wheat and rie, or wheat and barley, or rie and barley, or any other mixt white corne; only because Rie is a little stronger grain then wheate, it shall be good for you to put your water a little hotter then you did to your wheate.

For your browne bread, or bread for your hinde-servants, which is the courtest bread for mans vse, you shall take of barley two bushels, of pease two pecks, of wheat or Rie a pecke, a peck of malt; these you shall grind altogether and dresse it through a meale sieue, then putting it into a sower trough set liquor on the fire, and when it boils let one put on the water, and another with a mash-rudder stir some of the flower with it after it hath been seasoned with salt, and so let it be till the next day, and then putting to the rest of the flower, worke it vp into stiffe leauen, then mould it and bake it into great loaves with a very strong heate: now if your trough be not sower enough to sower your leauen, then you shall either let it lie longer in the trough, or else take the helpe of a sower leauen with your boiling water: for you must vnderstand, that the hotter your liquor is, the lesse will the smell or ranknesse of the pease be receiued. And thus much for the baking of any kinde of bread, which our *English House-wife* shall haue occasion to vse for the maintenance of her family.

*Generall  
observations  
in the brew-  
house and  
Bake-house.*

As for the generall obseruations to be respected in the Brew-house or Bake-house, they be these: first, that your Brew-house be seated in so conuenient a part of the house, that the smoke may not annoie your other more priuate rooms; then that your furnace bee made close and hollow for sauing fewell, and with a vent for the passage of smoake least it taint your liquor; then that you preferre a copper before a lead, next that your Mash-fat bee euer neerer

Above are the rules for baking the brown or Hinds bread and the conclusion.  
 "And this much for the baking of any kind of bread, which the English House-wife shall haue occasion to use for the maintainance of her family."

Booke 1. *Skill in brewing and baking.*

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neerest to your leade, your cooler neerest your Mash fat, and your Guilfat vnder your cooler, & adioining to them all seuerall cleane tubs to receiue your worts & liquors: then in your Bake house you shall haue a faire bouking house with large Pipes to boult meale in, faire troughes to laie leauen in, and sweet safes to receiue your branne: you shall haue boulders, searfes, raunges and meale sives of all sorts both fine & course; you shall haue faire tables to mould on, large ouens to bake in the soales thereof rather of one or two intire stones then of many bricks, and the mouth made narrow, square and easie to be close couered: as for your peeles, cole-rakes, maukins and such like, though they be necessary yet they are of such general vse they need no further relation. And thus much for a full satisfaction to all the Husbands and Huswifes of this kingdome touching Brewing, Baking, and all what else appertaineth to either of their offices.

F I N I S.

Here are the general observations for the care of the bake-house, with the conclusion.

“And thus, much for a full satisfaction to all husbands and housewives of this Kingdom touching baking and all what else appertains to either of their offices.”

GERVAISE MARKHAM (1623).



## VARIATIONS

**RUSKS—**

Bread dough enriched with sugar, shortening and eggs. Shape into tall biscuit. Bake slowly. For breakfast.

**SCONES—**

Rich dough as above pressed into triangles after adding melted butter and chopped raisins. Brush tops with butter. Bake in hot oven. Serve with tea.

**YULE CAKES—**

Egg enriched dough, very sweet, to which is added nutmeg, currants and candied lemon peel. Serve at Christmas.

**PARKER HOUSE ROLLS—**

Shortened dough, spread with butter rolled into pocket-book shape and baked.

## BREAD DOUGH

## WHITE BREAD

- 2 cakes compressed yeast.
- 1 qt. lukewarm water.
- 2 tablespoonfuls lard or butter, melted.
- 2 tablespoonfuls sugar.
- 3 qts. sifted flour.
- 1 tablespoonful salt.

Dissolve yeast and sugar in lukewarm water, add lard or butter, and half the flour. Beat until smooth, then add salt and balance of the flour, or enough, to make dough that can be handled. Knead until smooth and elastic. Place in greased bowl, cover and set aside in a moderately warm place, free from draft, until light—about one and one-half hours.

Mould into loaves. Place in well-greased bread pans, filling them half full. Cover and let rise one hour, or until double in bulk. Bake forty-five to sixty minutes.

If a rich loaf is desired, use milk in place of part or all of the water.

## VARIATIONS

**APPLE CAKE—**

Bread dough enriched with egg—shortening, flavored with cinnamon, covered with cinnamon and sugar and sliced apple.

Serve with coffee for breakfast or lunch.

**BANBURY CAKES—**

Rich dough as above, filled with minced raisins, orange peel and sugar. Serve with tea.

**HOT CROSS BUNS—**

For Good Friday or Church days. Dough with currants or raisins, cross cut with knife just before you put them in the oven.

**CINNAMON ROLLS—**

Shortened dough rolled thin, spread with butter, sugar, cinnamon, currants, rolled and baked, then sliced.

## BREAD SOUP

## 17th Century

Take the crumb of two stale rolls or two thick slices of stale bread, add to it three pints of fresh skimmed milk, three onions, and half a head of celery. Boil it very gently in a double boiler, till the bread is dissolved; then pass it through a sieve. Beat a few sweet almonds in a mortar or run through grinder till they become a paste; then stir them into the soup with a little salt, and give it a boil over the fire—it is fit to serve up. Remove the onions before you pass the soup through the sieve. It requires gentle simmering to dissolve the bread entirely.

## THE FRONTISPIECE

The illustration in the frontispiece is taken from the *London and Country Cook*, or, "Accomplished Housewife," prepared by Charles Carter, "Cook to his Grace the Duke of Argyle," published in London, in 1749, who took the plate from Thomas Dawson's "Good House Wives Jewell," published London, 1610.

The upper left-hand corner shows a woman making butter, with a maid milking a cow at her right.

\*

The picture in the upper right-hand corner shows the old process of laundry work.

\*

The center picture shows the lady in the kitchen, gathered around her the utensils required. In the background are the hives and the bees making honey; hanging suspended from the ceiling the herbs that have been gathered for flavoring and spices.

At the left, the distillatories in which wines and simples were made for family use.

\*

The lower left-hand corner shows the kitchen and the preparation of fish. Evidently meat is being cooked in the kettle, suspended above the floor, on the spit at the lower part of the plate is a fowl being roasted, and at the left a maid is preparing fish. Above here are shown plates and below jars, and an amiable cat is walking across the floor, evidently enticed by the odor of the fish.

\*

The most important is at the lower right, showing the old bake oven, the fire beneath it, and the dome above it, in which the bread is baked, the shovel at the left, with which the bread is withdrawn. At the right are loaves of bread in various processes of raising.

This picture is one of the very few definite illustrations of the old bake house, to which reference is made in the illustrations in the back part of the *Bulletin* from "Markham's Country Housewife."

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